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Bonjour



Hello



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# CAMBRIDGE FAMILY NEWS

## from the Center for Families

Information, Support, & Activities for Families of Children Ages 0-8

### November-December 2011

The leaves are almost gone, and soon winter will be here. Although September seems far from now, it is time to start thinking about kindergarten registration for the 2012-2013 school year. Children in Cambridge who will be 4 by March 31, 2012 are eligible for Kindergarten in the Fall of 2012. Registration begins on January 3rd for the following school year. For more information call the Family Resource Center at 617-349-6551 or visit [www3.cpsd.us/departments/FRC/FRC\\_School\\_Registration](http://www3.cpsd.us/departments/FRC/FRC_School_Registration). Stay tuned

#### *Donate a Pizza!*

If you are looking for a way to give back to the Center for Families, we could use your help! We are looking for people to donate pizzas to our Art & Literacy Night on November 18. If you are willing to purchase 1 or 2 cheese pizzas (we will need about 8 total) for this event, please contact Beverly at [bhalpern@cambridgema.gov](mailto:bhalpern@cambridgema.gov) or 617-349-6327. Thanks!

to the January-February newsletter for more information.

We are very excited to be attending a special training on Monday, November 7. Unfortunately this means that there will be no playgroups that day since all of our staff will be attending the training. Also, please note that playgroups will go until Thursday, December 15, and will start again on Tuesday, January 3. For a full list of drop-in playgroups, as well as information on which days playgroups will not meet in November & December, please turn to page 3.

Also, as the cold weather creeps in, so does the start of cold and flu season. For a list of family-friendly flu clinics in Cambridge, please turn to page 7. For our sick policies, please turn to page 3. Let's work together to help prevent the spreading of germs!

Last, we have a very important announcement to make about one of our staff. Please turn to page 6 for more information.



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### 15th Annual Cambridge Family Literacy Fun Day

Saturday, November 5, 10:30 am—2:30 pm  
Cambridge City Hall (795 Mass. Ave.)

Cambridge families with children pre-school through 5th grade are invited to a fun day for all! The day includes storytelling, free books, Bonaparte the Magician, children's activities, face painting, and much more! **For more information**, call 617-349-6492.

*Sponsored by: Cambridge Family Literacy Collaborative, which includes: Agenda for Children, Cambridge Public Library, Cambridge Public Schools— Title-1 Program, Child Care Resource Center, Community Learning Center, Cambridge CFCE (Center for Families & Community Partnerships for Children), City of Cambridge Department of Human Service Programs, Early Childhood Connections/Cambridge, and Cambridge Connections.*



The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.

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# PLAYING AND LEARNING ACTIVITIES

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Here are some fun activities that you and your child can do together! Do you have an activity that you and your child love to do together? Call Beverly at (617) 349-6327 or e-mail her at [bhalpern@cambridgema.gov](mailto:bhalpern@cambridgema.gov) to submit it for our next newsletter.

## Create a winter tree using your hands!

Paint your child's palm and fingers with brown paint. Have child spread out his/her fingers and press his/her palm and fingers onto a piece of paper. Help your child use his/her finger to paint a "tree trunk" under the palm print. Use a glue stick to apply glue to the printed fingers as well as small dots around the rest of the paper. Sprinkle all glued areas with granulated sugar. Carefully lift up paper and tap off extra sugar into the sink or garbage.



## Make home-made hot chocolate using this recipe!

1 tbsp. cocoa powder  
2 tbsp. sugar  
2 tbsp. water  
1 cup milk  
a bit of vanilla, if desired

Combine cocoa, sugar and water in a small saucepan. Heat it on low heat, stirring occasionally. After about 1 to 2 minutes, add milk and vanilla. Mix it all together, stirring, until it reaches your preferred temperature.

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Visit your local library and check out books on winter themes! Here are some great books to consider:

- *The Snowy Day* by Ezra Jack Keats
- *The Biggest Snowman Ever* by Steven Kroll
- *Time to Sleep* by Denise Fleming
- *The Mitten Tree* by Candace Christiansen
- *White Snow Bright Snow* by Alvin Tresselt
- *Owl Moon* by Jane Yolen

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## FATHERS' CORNER

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### Dads and Kids Saturday at the Gym

Come have a fun time at the gym playing and meeting other dads and their children. We will have fun games, a healthy breakfast, and time to meet new and old friends. Open to all dads and/or male caregivers and their children ages 0-8 living in Cambridge.

**Saturdays, November 19 & December 10**  
10:00-11:30 am at the Gately Gym Youth Center (middle building in the back of the Peabody School)

Facilitated by Michael Clontz

To sign up or for more information, contact Christine Doucet at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

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### Men's Health 101

Long work hours, combined with the demands of being an active parent make it difficult for dads to find time to exercise or develop a healthy lifestyle. "Health, United States, 2009" reports that men from ages 18-44 years old are 70 percent less likely to visit a physician. It's time to change those numbers and make your health a priority. Remember that you are your child's role model, show them that eating healthy

and living an active lifestyle is important to your physical and mental health. Below you'll find a list of recommended health screenings for men:

**Blood Cholesterol Screenings:** Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if you smoke, have diabetes, or if heart disease runs in your family.

**Blood Pressure:** Have your blood pressure checked at least every two years.

**Colorectal Cancer Tests:** Regular screening for colorectal cancer begins at age 50, unless earlier screenings are recommended based on family history, medical history and lifestyle. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.

**Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.

**Prostate Cancer Screening:** Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test in which blood is drawn or digital rectal examination (DRE).

### Men's Health League

Based at the Cambridge Public Health Department, the Men's Health League encourages men throughout Cambridge to make health a priority. If you are a man with any connection to Cambridge, through your home, work or health care provider, the Men's Health League encourages you to enroll in their Navigated Care program. For more information, contact Albert Pless at [apless@challiance.org](mailto:apless@challiance.org) or 617-665-3830.

# PLAYING AND LEARNING ACTIVITIES



Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, or has thrown up within 24 hours of activities. We want to make sure everyone stays germ-free and helps prevent the spread of the flu and colds.

## CENTER FOR FAMILIES: FREE FAMILY PLAY AND LEARNING ACTIVITIES

We bring toys, activities, singing, and snacks; you bring the kids and the fun. Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (0-6), and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. **For more information or questions**, call Lucy at 617-349-6967.

The following groups go until Thursday, December 15 and will resume on Tuesday, January 3:

### Mondays

Moore Youth Center, 12 Gilmore St.,\*\*  
10:00 — 11:30 am

Infant Playgroup (15 mos and under)\*  
Center for Families, 70 Rindge Ave. (rear),  
12:30 — 2:30 pm

### Tuesdays

West Cambridge Youth Center, 680 Huron Ave.\*\*  
10:00 — 11:30 am

Fresh Pond Apartments, 364 Rindge Ave. (Community Room)  
10:00 — 11:30 am

Infant Playgroup (15 mos and under)\*  
Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building)  
12:30 — 2:30 pm

### Wednesdays

Gately Youth Center, 70 Rindge Ave. (back of Peabody School)\*\*  
10:00 — 11:30 am

Area IV Youth Center, 243 Harvard St.  
10:00 — 11:30 am

### Thursdays

Center for Families, 70 Rindge Ave. (Peabody School, in the afterschool room), 10:00 — 11:30 am

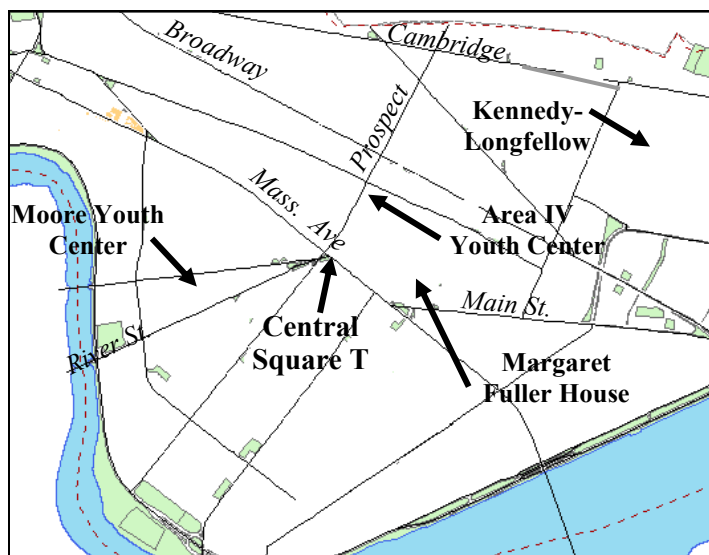
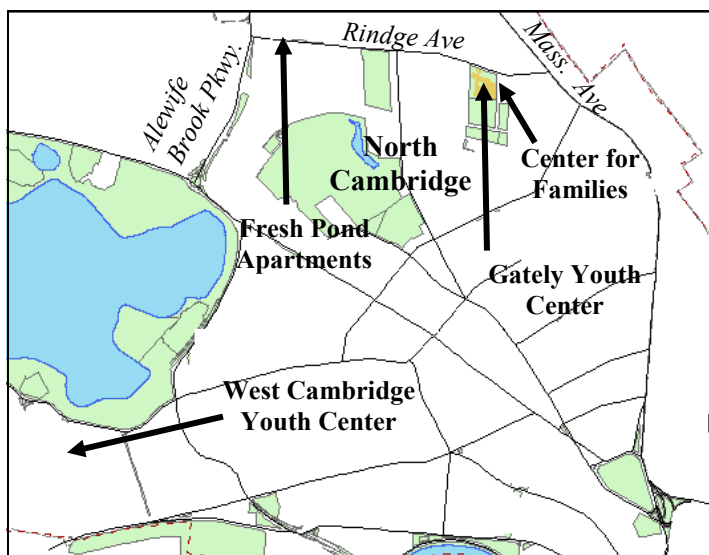
Kennedy-Longfellow School, 158 Spring St. (upstairs gym)\*\*  
10:00 — 11:30 am

### Please note:

\*Please attend either Monday or Tuesday Infant Group

\*\*The Gym groups are for physical activities, no arts or snacks

**Groups will not meet on Monday, November 7 or Thursday, December 8. CFF group will not meet on Thursday, Nov. 17. No groups week of November 21-24.**



\*\*Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are \*\*

# Center for Families Calendar

## November-December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		November 1 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	2 Gately 10:00-11:30 Area IV 10:00-11:30	3 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	4	5 Family Literacy Fun Day
6	7 CFF Office Closed No Playgroups Resiliency Workshop 6:30-8:00	8 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	9 Gately 10:00-11:30 Area IV 10:00-11:30	10 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	11 Holiday Center for Families Closed	12
13	14 Moore 10:00-11:30 CFF Babytime 12:30-2:30 Resiliency Workshop 6:30-8:00	15 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30 Music Workshop 12:00-11:00	16 Gately 10:00-11:30 Area IV 10:00-11:30	17 Kennedy-Longfellow 10:00-11:30  **Please note: due to early release day, CFF group will <u>not</u> meet	18 Art & Literacy Night 5:00-6:30	19 Dads & Kids at the Gym 10:00-11:30
20	21 No Playgroups	22 No Playgroups	23 No Playgroups	24 Holiday Center for Families Closed	25	26
27	28 Moore 10:00-11:30 CFF Babytime 12:30-2:30	29 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	30 Gately 10:00-11:30 Area IV 10:00-11:30	<b>December 1</b> CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	2 Family Fun Night 5:30-7:00	3
4	5 Moore 10:00-11:30 CFF Babytime 12:30-2:30	6 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	7 Gately 10:00-11:30 Area IV 10:00-11:30	8 Staff Training— No Playgroups	9 Mom's Discussion 10:30-12:00	10 Dads & Kids at the Gym 10:00-11:30
11	12 Moore 10:00-11:30 CFF Babytime 12:30-2:30	13 West 10:00-11:30 364 10:00-11:30 MF Babytime 12:30-2:30	14 Gately 10:00-11:30 Area IV 10:00-11:30	15 CFF 10:00-11:30 Kennedy-Longfellow 10:00-11:30	16	17
18	19 No Playgroups	20 No Playgroups	21 No Playgroups	22 No Playgroups	23 Holiday Center for Families Closed	24
25	26 Holiday Center for Families Closed	27 No Playgroups	28 No Playgroups	29 No Playgroups	30	31
1	2	3 Playgroups Resume	4			

364 = Fresh Ponder Towers, 364 Rindge Ave.  
 Area IV = Area IV Youth Center, 243 Harvard St.  
 CFF = Center for Families, 70 Rindge Avenue (rear)  
 Gately = Gately Youth Center, 70 Rindge Avenue (rear)

Kennedy-Longfellow = 158 Spring St.  
 MF = Margaret Fuller Neighborhood House, 71 Cherry Street  
 Moore = Moore Youth Center, 12 Gilmore Street  
 West = West Cambridge Youth Center, 680 Huron Ave.

# PARENT EDUCATION AND SUPPORT

## Infant Activities

### **BABYTIME: Caring, Playing, Nurturing** (parents/caregivers with infants 0-15 months)

These are informal groups for parents or caregivers with infants that offer an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. To allow everyone to participate, please choose only one group to attend per week. *No pre-registration required; come or leave anytime. Christine will lead a short sing-a-long.*

**Facilitator: Christine Doucet, CMI.**

**Mondays 12:30 - 2:30 pm**

Center for Families, Peabody School, 70 Rindge Ave.

**Tuesdays, 12:30 - 2:30 pm**

Margaret Fuller Neighborhood House, 71 Cherry St.

## Support Group for Parents of Infants

Organized by Jewish Family & Children Services.

**Wednesdays, 10:00-11:30 am** at Temple Eitz Chayim (134-136 Magazine Street, Cambridge)

Other support groups are offered in other towns: call 781-693-5652 or [info@jfcsofboston.org](mailto:info@jfcsofboston.org) for more information.

## Mother Activities

### **Discussion and Craft Activity for Moms**

Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome in the room. Christine & Fran will lead the discussion and direct the activity. The craft activity will be decorating a treasure box.

**Friday, December 9**, from 10:30 am-12:00 pm, Center for Families, 70 Rindge Ave. (back of the Peabody School). *You must register for this class with Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) or 617-349-3003.*

## Family Literacy Month

It's here! It's here! November marks the beginning of **Massachusetts Family Literacy month**. This is an exciting time of the year for families with young children who are in the beginning stages of their lifelong learning journey. Here is information from the Massachusetts Department of Primary and Secondary Education about why Family Literacy is important and what you can do! To see more information, go to [www.doe.mass.edu/familylit/month/month5](http://www.doe.mass.edu/familylit/month/month5).

### **Why is Family Literacy important?**

Parents are a child's first and most influential teachers. Family literacy stresses the word "family," as family members are essential in supporting learning at home, at school, and in the community. Parents play specific roles in children's literacy development:

- Creating a literacy-rich environment that involves lots of talking, books and reading at home
- Sharing reading and writing activities
- Acting as reading models
- Demonstrating positive attitudes toward education

### **Raising a Reader: Getting Started**

These easy-to-do activities are designed to build a solid foundation of family literacy at home.

•**Know your children.** Before selecting books, make sure you know your child's reading abilities and interests. Your child's teacher or school/town librarian can make recommendations on age-appropriate books. (The librarians at the Cambridge Public Library

are a great resource!)

•**Set aside time for reading.** Designate a time of day when family members can read for pleasure. Make reading a part of your family routine

•**Make reading special.** Children should feel as if having a book is special. Help them create a space for storing their books. However, if your child doesn't show an interest or strong ability in reading, be patient, but don't give up. Reading should be viewed as an enjoyable activity.

•**Use your local library.** One of the best resources you will have as a parent is access to your community's library. It costs nothing to borrow books. Many libraries also offer story hours and other fun literacy activities. (See page 8 for more information on activities at the Cambridge Public Libraries.)

•**Limit television time.** Monitor program selection for your children. Discuss programs with them. Have a "NO-TV" night with your family on a regular basis. Read magazines, write letters to relatives living far away, or play charades or Scrabble as a refreshing alternative. Remember to limit how much television your children watch to less than two hours, and children under two should not watch television at all.

•**Talk to your children lots!**

Looking for some fun literacy activities to do with the whole family? **Family Literacy Fun Day** is on Saturday, November 5 (see front page), we are holding an **Art & Literacy Night** on November 18 (page 6), and we always read books at our **playgroups!**



# CENTER FOR FAMILIES NEWS

## Upcoming Workshops Classes, & Events

### Art & Literacy Night

Friday, November 18, 5:00-6:30 pm

Peabody School Cafeteria, 70 Rindge Ave.

Children ages 0-8 and their families are invited to join the Center for Families for a fun evening of listening to stories and doing art activities that are just right for their age!

There will be pizza from 5:00-5:30 pm and stories & crafts from 5:30-6:30 pm.

### Family Fun Night

Friday, December 2, 5:30-7:00 pm

Kennedy-Longfellow School, 158 Spring St.

Join us for an indoor picnic and an evening of dancing! Bring a picnic dinner—drinks & dessert will be provided—and your dancing shoes! Join our staff for an evening of dancing the Hokey Pokey, the Cha Cha Slide, YMCA, and more! **For more information or to register**, call the Center for Families at 617-349-6385 or e-mail [enterforfamilies@cambridgema.gov](mailto:enterforfamilies@cambridgema.gov)

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**You must register for the following classes & workshops. To register, call Christine Doucet at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

### Music for Parents & Their Babies (up to 15 months)

Tuesday, November 15, 12:00-1:00 pm

Margaret Fuller House, 71 Cherry Street

Come with your baby and learn with Vicky, a music specialist, about musical activities that help in your baby's development. All languages are welcome to attend!

### Movement & Yoga for Parents & Children

Saturday, December 3, 10:30-11:30 am

Center for Families, 70 Rindge Ave.

A movement-based class for parents and children ages 3-8 years old. During this time, parents and children do relaxing exercises and yoga together. Please wear comfortable clothes.

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### Winter Community Playgroups Are Coming Soon!

The Winter session of the Cambridge Community Playgroups starts in early January. Registration forms will be mailed out and will be posted on our website in late November. For more information, call the Center For Families at 617-349-6385.

Community Playgroups are fun, FREE groups for parents & caregivers from Cambridge and their children 15 months-5 years old. They run for 8 weeks and unlike the drop-in groups listed page 3, you must register for them.

## A Letter of Goodbye

Dear families & providers,

I have some bittersweet news. After over three incredible years working at the Center for Families, I will be leaving in December to travel and volunteer around South America. Although I am very excited for this amazing opportunity, I am also quite sad to be leaving my position here. I feel so fortunate to have had this experience—I have met so many incredible families who have inspired me so much, and have worked with an amazing team. I have learned so much from my time here, and it has made me appreciate what a truly unique and special city Cambridge is.

Although I will be leaving my position as Family Services Coordinator here, I know this is not goodbye, but rather "See you later," as I know I will be back to volunteer at Family Fun Days and attend programs here when I have children one day.

So for now, I will leave you with a quote from one of my favorite books we use for playgroups, taken from *Oh No! Time to Go! A Book of Goodbyes* by Rebecca Doughty: "There's a *million* ways of saying Words that mean you won't be staying. But couldn't we just skip *bye-in*? We could stay and keep on *hi-ing*! Okday, I'll do it. I'll be strong, But it's *really hard* to say *so long*! I wish [I] didn't have to go... ...but for each **goodbye**... ...there's a new **hello**."

Thank you all for everything!

Sincerely, Beverly (Halpern) Feldman

## Caught in the Act



At the Center for Families, our staff, families, and volunteers are doing amazing things! This newsletter is featuring Fran Roznowski, who works at our partner organization Cambridge Community Partnerships for Children. Fran has been busy coming to ALL of our playgroups and connecting to families! Congratulations, Fran, you were Caught in the Act!

## Zoo Passes

The Center for Families has a pass to the Stoneham & Franklin Park Zoos to lend to families! This pass will allow people to get into the zoo for FREE! For more information, contact Lucy at [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov) or 617-349-6967.

# COMMUNITY EVENTS AND ACTIVITIES

## Library News

### ***Portuguese Songs for Children***

Wednesday, November 9, 2011, 11:45 am—12:45 pm  
Valente Branch (826 Cambridge St)

Please join us for this exciting new program! We'll sing Portuguese songs and enjoy a story or two! All ages and their caregivers.

### ***Parent/Child Book Group II***

Wednesday, November 9, 6:00-7:00pm  
Main Library (449 Broadway)

Join us for a lively discussion of a great book. Both caregiver and child should read the book before the discussion to participate. Pizza will be provided. To register or request a copy of the book, stop by the Children's Room or call 617-349-4038. Registration required. Recommended for kids in grades 4-6.

### ***To Yell or Not to Yell: Managing and Expressing Anger***

Wednesday, November 16, 6:15 pm  
O'Neill Branch Library (70 Rindge Ave.)

A workshop for parents and providers with Yvette Thomas. Free childcare is available but registration is required. Please call 617-349-4409.

### ***Sharing Stories with Children!***

Thursday, December 1st at 6:30PM  
Main library Children's Room (449 Broadway)

Everyone has a story to tell! Come learn techniques to share stories with your children. Sharing stories with children helps build their literacy skills, shares values and cultures and helps us to connect to our children. Presented by Jen Bailey, Coordinator of the Agenda for Children Literacy Initiative. \*\*Free but limited childcare. Please call 617-349-4409 to sign up.

### ***A Very Special Event!***

Saturday, December 3 at 1:00 pm  
Kresge Auditorium (MIT), 77 Massachusetts Ave.

The National Children's Book and Literacy Alliance and the Cambridge Public Library present a panel of award-winning authors and illustrators:  
The Exquisite Conversation: An Adventure in Creating Books with Katherine Paterson, National Ambassador for Young Peoples Literature, and M.T. Anderson, Natalie Babbitt, Timothy Basil Ering, Steven Kellogg, Susan Cooper, Patricia MacLachlan and James Ransome! Suggested audience: Young People (10 and older) and adults. **Free and open to the public.** For more information, please call 617-349-4409.

## ESOL Family Literacy Classes

Family Literacy has been taught at the Community Learning Center for more than 15 years. Family Literacy promotes the connection between parents and children as they build their literacy skills together. The goal of family literacy programs is to strengthen reading, writing and verbal skills so that families become stronger, healthier and better able to achieve their educational goals.

There are two intermediate to advanced ESOL Family Literacy classes, one being taught from 9 am to 12 in North Cambridge at the Peabody Elementary and the second class is held at CLC in the evening from 6 to 9pm. The students are parents of children who range in age from infants to pre-teens. Students receive ESOL instruction with the primary focus of content being parent education.

## Flu Clinics

The Cambridge Public Health Department will host several flu clinics for adults and children. While there is no charge for the flu shots, please bring your family's insurance cards to the clinic. For more information, call 617-665-3855.

Wednesday, November 2, 2011, 5 p.m. – 7 p.m.  
King Open School (850 Cambridge Street)

Wednesday, November 9, 2011, 5 p.m. – 7 p.m.  
Tobin School (197 Vassal Lane)

Wednesday, November 16, 2011, 5 p.m. – 7 p.m.  
Peabody School (70 Rindge Ave.)

Wednesday, November 30, 2011, 5 p.m. – 7 p.m.  
Martin Luther King, Jr. / Amigos School (101 Kinnaird Street entrance)

## Stay Up-To-Date with the Center for Families!

We have lots of ways for you to stay up-to-date on Center for Family programs! Subscribe to our **Google Calendar** and **Google Group/Listserv**! The Google group/listserv allows everyone signed up to be able to communicate with each other, and is a tool we use to send weekly updates about our programs and other upcoming family-friendly events. To be added to either the calendar or listserv, call the Center for Families at 617-349-6385 or e-mail [centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov). Also, follow us on Twitter @cntrforfamilies and check out our website for current information: [www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm)

# COMMUNITY INFORMATION

## Fuel Assistance

If you are worried about heating your home this winter, learn about fuel assistance for Cambridge residents. Fuel Assistance helps low-income households with winter heating costs from November 1-April 30. **For more information**, contact the Department of Human Services' Fuel Assistance Program at 617-349-6252.

## Ask Jayne

If you are looking for information about child care, the wait list, vouchers, kindergarten and after-school, early intervention, special education and more, please contact Jayne Cantor, Family Support Specialist at the Cambridge Community Partnerships for Children (617-868-2900 X324, or [jayne\\_ccpc@yahoo.com](mailto:jayne_ccpc@yahoo.com)). If she can't answer your questions, she will get the information for you or find the right people for you to talk to. Jayne can also help you with information and referrals related to physical, dental and mental healthcare, housing, help with tax forms, food pantries, legal help, domestic violence and more.

## Let's Talk...It Makes a Difference!

*The Let's Talk...it makes a difference* (run through the Agenda for Children) focuses on helping children enter school ready to learn how to read and write by educating and supporting parents and caregivers. *Let's Talk...it makes a difference!* provides home visits to Cambridge residents with children 0-3, sharing that learning begins at birth along with tips on talking and reading. Call 617-665-3825 to schedule your home visit.

## East End House

105 Spring Street, Cambridge  
[www.eastendhouse.org](http://www.eastendhouse.org)

### East End House Weekly Family Playgroups

East End House is holding free drop-in Family Playgroups every Tuesday from 10:00am – 11:30am. Caregivers can bring their children 0-5 years for a fun morning of arts and crafts, games, puzzles, songs, and stories. Children can also ride bicycles and participate in other gross motor activities in the gym, or play outside in the backyard with sand and water activities. This is a chance for kids to play with each other and for caregivers to meet each other. Juice and snacks are provided. There is no need to sign up. For more information contact Camille Platt at 617-876-4444 or email [Camille@eastendhouse.org](mailto:Camille@eastendhouse.org).

## Doula Support Programs

8 Camelia Avenue, Cambridge  
(across from Cambridge Hospital Entrance)

The Doula Program at the Cambridge Health Alliance offers three groups for new parents. Bring your baby and relax. Groups are open to all new parents. Breastfeeding groups are lead by lactation consultants and Open Discussion is lead by a Doula. **For more information**, call 617-665-1164.

**Breastfeeding Group:** Tuesdays, 10:00-12:00 noon (English & Spanish)

**Open Discussion:** Wednesdays, 10:00-12:00 noon

**\*\*The first Wednesday of the month will be a pumping class for breast-feeding mothers.**

**Breastfeeding Group:** Thursdays, 10:00-12:00 noon (English)

## Cambridge Public Library Programs for Young Children

The Cambridge Library is a great place for children. Please call any library listed below for more information about story times and other children's activities. Remember that the library also has museum passes you can use with your library card. For information about all programs, see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/) or call 617-349-4038.



### Main Library Children's Room, 449 Broadway, (617) 349-4038

- ♦ Baby Lapsit for parents and pre-walking babies. Registration required, Mondays, 10:00 am
- ♦ Toddler Storytime on Tuesdays and Thursdays at 11:00 am
- ♦ Sing Along (All Ages) on Mondays and Wednesdays at 11:00 am
- ♦ Preschool Story Time on Tuesdays at 4:00 pm
- ♦ Onesies (and Twosies) for toddlers ages 12-24 months. Registration required. Wednesdays, 10:00 am

### Boudreau Branch, 245 Concord Avenue, (617) 349-4017

- ♦ Preschool Story Time (Ages 3 1/2 and up) on Mondays at 10:30 am
- ♦ Toddler Sing-Along on Wednesdays at 10:30 am

### Central Square Branch, 45 Pearl Street, (617) 349-4010

- ♦ Toddler/Preschool Story Time on Wednesdays at 10:30 am

- ♦ Toddler/Preschool Sing & Storytime on Thursdays at 10:30 am

### Collins Branch, 64 Aberdeen Avenue, (617) 349-4021

- ♦ Story Time (Ages 3 and up) on Mondays at 4:00 pm
- ♦ Toddler Sing on Tuesdays at 10:30 am

### O'Connell Branch, 48 Sixth Street, (617) 349-4019

- ♦ Toddler Sing on Wednesday at 11:00 am
- ♦ Stories and Crafts (3-7's) on Thursdays at 3:30 pm

### O'Neill Branch, 70 Rindge Avenue, (617) 349-4023

- ♦ Toddler Sing on Mondays at 10:30 am
- ♦ Preschool Story Time on Thursdays at 11:00 am

### Valente Branch, 826 Cambridge Street, (617) 349-4015

- ♦ Preschool Story Time on Mondays 3:30 pm
- ♦ Toddler Sing on Tuesdays at 10:30 am
- ♦ Portuguese Toddler Sing on every other Wednesday at 11:45 am (All Ages).



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# COMMUNITY RESOURCES

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## Adult Education

- **Cambridge Employment Program** (617-349-6166)—Provides free assistance to Cambridge residents looking for work. They offer career counseling and help with resumes and cover letters, using a computer and the internet to help with job searches, and interviewing skills. Please call or stop by 51 Inman St, 1st floor to fill out a pre-registration form.
- **Community Learning Center** (617-349-6363)—Offers adult education, including GED, college preparation, and English-as-a-Second-Language classes.
- **Asian American Civic Association**—Next Steps Transitional English program—free English classes for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.

## Childcare & School

- **The Child Care Resource Center** (617-547-1063)—Provides information about all childcare options in Cambridge. CCRC is also your contact for childcare vouchers and other subsidies. Their ABC Room has computers, a lending library and other resources and is open every weekday from 9:00 am - 5:00 pm at their office in Central Square. See [www.ccrccinc.org](http://www.ccrccinc.org).
- **Department of Human Service Programs (DHSP)** (617-349-6200)—Runs many programs for children and families including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call or visit [www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2).

- **Family Resource Center** (617-349-6551)—For information about the Cambridge Public Schools, call the Multilingual voice mail: 617-349-6550 (Portuguese, Haitian Creole, Spanish).

## Food & Clothing

- **The Cambridge Food Pantry Network**—Provides food to families around the city, and information about food pantries around the City, such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Children's Clothing Exchange**—A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program**—Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more information, call the WIC program at the Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-661-4084.

## Health

- **Health Access Project at the Child Care Resource Center**—Do you need health insurance? Do you need help finding a doctor? Do you need help filling out the application? For more information, contact Stephanie Lyda at 617-547-1063 x222 or [healthaccess@ccrcinc.org](mailto:healthaccess@ccrcinc.org).

## Housing

- **The Cambridge Multi-Service Center**—Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

## Special Needs Services

- **Cambridge-Somerville Early Intervention**—Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919.
- **Cambridge Special Start**—Provides developmental screenings for children ages 3 & 4. For more information, call Susan Evans at 617-349-6850.
- **The Cambridge Program for Individuals with Special Needs**—Serves people with special needs from school age to adults. There is an after-school group and a Saturday morning recreation program. Call 617-349-6200 for information.
- **Cambridge Commission for Persons with Disabilities**—Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see [www.cambridgema.gov/DHSP2/disabilities.cfm](http://www.cambridgema.gov/DHSP2/disabilities.cfm).

**The Cambridge Somerville Resource Guide** has listings for more services in the community. Look on the internet at: [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org). If you are not able to find what you want, call the Center for Families.

# CENTER FOR FAMILIES STAFF

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The Center for Families has staff members who speak: Amharic, Bangla, French, Haitian-Creole, Spanish, and Vietnamese.

**Main Office****617-349-6385****Fax:****617-349-6386****Web:****[www.cambridgema.gov/DHSP2/families.cfm](http://www.cambridgema.gov/DHSP2/families.cfm)****Email:****[centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)****Center for Families**

Office and Resource Room:  
Peabody School Community Wing  
(entrance at back of school)  
70 Rindge Avenue  
Cambridge, MA 02140

Funding for Center for Families Programs

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust Fund (CTF), Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.

**Center for Families**

c/o Dept. of Human Service Programs  
51 Inman Street  
Cambridge, MA 02139

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